

PROSTART I-II

Levels: 11-12

Units of Credit: 1.0-2.0**

CIP Code: 20.0411

Prerequisite: Food and Nutrition I and II are recommended

COURSE DESCRIPTION

PROSTART I—(1.0 credit) This basic course from the National Restaurant Association introduces students into the world of professional cooking. Basic communication skills, safety and sanitation, food preparation, meal planning, and other topics are taught in this beginning course. FCCLA may be an integral part of this course.

PROSTART II—(1.0 credit) Students will continue to be trained for employment in restaurants. The basic skills taught in ProStart I will be reviewed and additional skills such as customer relations, accounting procedures, and more advanced food preparation skills will be taught. FCCLA may be an integral part of this course.

**Each course is 1.0 credit.

CORE STANDARDS, OBJECTIVES, AND INDICATORS

STANDARD

20.0411-01 Students will discuss the importance of human relations in obtaining and sustaining an employment situation.

OBJECTIVES

20.0411-0101 Discuss the importance of basic communication skills.

20.0411-0102 Identify appropriate interpersonal employment skills.
National Standard 1.2

20.0411-0103 Prepare for employment.

- Create a quality cover letter
- Create a quality resume
- Accurately complete a job application
- Demonstrate appropriate job interviewing skills

20.041-0104 Act as a responsible employee.

- Consistently work cooperatively with co-workers and supervisors
- Consistently demonstrate dependability
- Consistently demonstrate punctuality
- Consistently perform job tasks and work independently

STANDARD

20.0411-02 Students will discuss the importance of good customer relations.

OBJECTIVES

20.0411-0201 Identify basic methods of creating good customer relations.
National Standards 10.3.1, 10.3.2

20.0411-0202 Identify the manager's role in customer service.
National Standards 10.3.1, 10.3.2

STANDARD

20.0411-03 Students will discuss and explain the importance of sanitation.

OBJECTIVES

20.0411-0301 Identify standards of personal grooming and hygiene, including frequent hand washing and other sanitation procedures.
National Standard 8.2.5

20.0411-0302 Identify the factors contributing to food-borne contamination and illness and prevention strategies.
National Standard 8.2

- Discuss the importance of food safety
- List the steps for establishing a food safety system
- Maintaining a clean and sanitary kitchen

STANDARD

20.0411-04 Students will consistently implement safety guidelines.

OBJECTIVES

20.0411-0401 Discuss and implement workplace safety.

20.0411-0402 Identify how to prevent fires and burns.

20.0411-0403 Identify how to lift and carry objects safely.

20.0411-0404 Identify how to prevent cuts.

20.0411-0405 Discuss safety as an ongoing process.

STANDARD

20.0411-05 Students will identify pieces of food service equipment, utensils, and knives.

OBJECTIVES

20.0411-0501 Identify receiving, storage, and pre-preparation equipment.
National Standard 8.3

20.0411-0502 Identify cooking, holding, and service equipment.
National Standard 8.3

20.0411-0503 Explain how to clean and care for the equipment.
National Standard 8.3

STANDARD

20.0411-06 Students will explore the facets of food production.

OBJECTIVES

20.0411-0601 Practice proper measuring techniques and use correct terminology in quantity food production.
National Standard 8.5.3

20.0411-0602 Identify characteristics of foods containing dairy products, cheese, eggs and prepare and present food products using dairy and/or egg products.

- 20.0411-0603 Identify characteristics of quality breakfast foods then prepare and present breakfast foods.
National Standard 8.5.11
- 20.0411-0604 Identify characteristics of hot and cold sandwiches and prepares and present hot and cold sandwich items.
National Standard 8.5.9
- 20.0411-0605 Identify characteristics of fruits and vegetables and appropriate storage and cooking methods.
National Standard 8.5.7
- 20.0411-0606 Prepare and present a fruit and vegetable tray using garnishes.
- 20.0411-0607 Identify terminology, types and preparation methods of salads and dressings, then prepare and present a salad with the appropriate dressing.
National Standard 8.5.8
- 20.0411-0608 Participate in planning and preparing an assembly-line food product.

STANDARD

20.0411-07 Students will list nutritional needs of individuals and the basics of menu/meal planning.

OBJECTIVES

- 20.0411-0701 Identify the ABCs of nutrition.
- 20.0411-0702 Explain the role of proteins, vitamins, minerals, and water.
- 20.0411-0703 Review nutritional guidelines.
National Standard 14.2.4
- Dietary Guidelines for Americans
 - Food Guide Pyramid
 - Reading a nutrition label
- 20.0411-0704 Identify methods for making menus more nutritious.
National Standard 14.3.1
- 20.0411-0705 Prepare and present a nutritious menu item.
National Standard 14.3.3

STANDARD

20.0411-08 Students will identify food service costs by applying their knowledge of equivalents, recipe adjustment, and calculating the costs for serving and menu requirements.

OBJECTIVES

- 20.0411-0801 Review basic math skills of fractions, decimals, and percent.
- 20.0411-0802 Accurately figure and count back change.
- 20.0411-0803 Discuss weights and measures and how they apply to costing recipes.
- 20.0411-0804 Identify methods of controlling food costs.

- 20.0411-0805 Discuss the importance of standardization and portion control in food production.
- 20.0411-0806 Demonstrate accurate portion control in plating or serving food items and calculate the cost-per-serving of quantity food.

STANDARD

- 20.0411-09** Students will discuss the importance of human relations and communication in obtaining and sustaining an employment situation.

OBJECTIVES

- 20.0411-0901 Prepare for employment.
- Create a quality cover letter
 - Create a quality resume
- 20.0411-0902 Critique appropriate interpersonal employment skills.
National Standard 1.2
- Demonstrate dependability and punctuality
 - Perform job tasks and work independently
 - Work cooperatively with co-workers and supervisors
- 20.0411-0903 Identify how to handle customer complaints.
- 20.0411-0904 Practice written communication skills.
- 20.0411-0905 Practice correct telephone skills and how to communicate in a crisis.
- 20.0411-0906 Discuss and practice effective listening, memorization and speaking skills.
- 20.0411-0907 Discuss how to communicate promotional information.
- 20.0411-0908 Write complaint and response letters.

STANDARD

- 20.0411-10** Students will use proper sanitation techniques and safety procedures.

OBJECTIVES

- 20.0411-1001 Follow standards in personal grooming and hygiene.
National Standard 8.2.5
- 20.0411-1002 Follow proper sanitation techniques.
National Standard 8.2
- Obtain a food handler's permit
 - Wear a chef's coat or apron and appropriate hair covering
 - Demonstrate frequent and proper hand washing
 - Implement sanitation procedures
 - Practice mise en place
 - Clean up working area appropriately
- 20.0411-1003 Consistently implement safety guidelines and procedures.
- 20.0411-1004 Demonstrate handling, sharpening, and storage of knives.
National Standard 8.5.1

STANDARD

20.0411-11 Students will discuss the history of food service.

OBJECTIVES

20.0411-1101 Discuss how the modern restaurant was created.

20.0411-1102 Identify various cuisines of the world.

20.0411-1103 Discuss food service in the United States

20.0411-1104 Discuss the future of food service.

STANDARD

20.0411-12 Students will discuss the role of potatoes and grains in the food service industry.

OBJECTIVES

20.0411-1201 Identify and describe different types of potatoes, grain, legumes, and pasta.

20.0411-1202 Prepare and present quality potato, pasta, legume, grain (other than rice) and rice items.

National Standard 8.5.7

STANDARD

20.0411-13 Students will describe the lodging/travel industry history and explain the role of tourism in the hospitality industry.

OBJECTIVES

20.0411-1301 Discuss the basics of lodging history and operations.
National Standard 10.4

20.0411-1302 Discuss the organization of the lodging industry.

20.0411-1303 Identify career opportunities in the lodging industry.
National Standard 10.1

20.0411-1304 Identify property management systems and room rates.

20.0411-1305 Create and present a quality travel brochure.
National Standard 10.5.4, 10.5.5

20.0411-1306 Plan a three-day vacation.

20.0411-1307 Categorize the businesses in the tourism industry and explain the role of tourism in the hospitality industry.

20.0411-1308 List the advantages and disadvantages of various types of travel.

20.0411-1309 Plan a three-day vacation.

STANDARD

20.0411-14 Students will describe various types of meal service and appropriate use of dining utensils and table settings.

OBJECTIVES

- 20.0411-1401 Identify traditional service staff and serving styles.
- 20.0411-1402 Identify service tools and utensils.
- 20.0411-1403 Demonstrate appropriate place setting, and serving (including setting and clearing).
- 20.0411-1404 Explain how to serve a meal.
- 20.0411-1405 Practice suggesting items and guiding guests through the menu.
- 20.0411-1406 Practice handling customer complaints.

STANDARD

20.0411-15 Students will discuss and prepare desserts and baked goods.

OBJECTIVES

- 20.0411-1501 Identify and describe the types and roles of ingredients in baking.
- 20.0411-1502 Differentiate between types of doughs, batters, pastries, cookies, cakes and tortes. National Standard 8.5.10
- 20.0411-1503 Explain types of chocolate, creme anglaise and how they are prepared and used in desserts.
- 20.0411-1504 Prepare lean and rich yeast bread, muffins, cake or torte, an iced item, a pie, puff pastry item, cookie, chocolate item, cream anglaise item, and demonstrate quality presentation and plating.

STANDARD

20.0411-16 Students will discuss and incorporate information regarding menus, marketing, inventory control, and standard accounting practices.

OBJECTIVES

- 20.0411-1601 Identify various types of menus and menu cycles.
- 20.0411-1602 Identify and discuss basic marketing concepts and how markets are commonly segmented.
- 20.0411-1603 Design and write a restaurant menu.
- 20.0411-1604 Complete a menu analysis.
- 20.0411-1605 Design a marketing public relations item.
- 20.0411-1606 Identify factors affecting food prices and purchasing decisions.
- 20.0411-1607 Identify proper receiving, storage and inventory methods for various food products.
- 20.0411-1608 Complete a menu purchase order.

- 20.0411-1609 Identify basic accounting terms.
- 20.0411-1610 Discuss the use of and complete an income statement.
- 20.0411-1611 Discuss the use of and complete a balance sheet.
- 20.0411-1612 Complete three financial statements.

STANDARD

20.0411-17 Students will identify the use and care of meat, poultry, and seafood.

OBJECTIVES

- 20.0411-1701 Identify various forms of meat, poultry, fish, and seafood.
- 20.0411-1702 Match appropriate types of cooking methods with different forms of meat, poultry, fish, and seafood.
- 20.0411-1703 Prepare and present a quality beef, poultry, and fish/seafood entrée(s).
National Standard 8.5.5

STANDARD

20.0411-18 Students will discuss, prepare and present a quality stock(s), soup(s), and sauce(s).

OBJECTIVES

- 20.0411-1801 Identify types, preparation methods, cooling and storage of stocks.
- 20.0411-1802 Identify types, preparation methods, cooling and storage of soups.
- 20.0411-1803 Prepare and present a quality stock, soup, and sauce.
National Standard 8.5.6